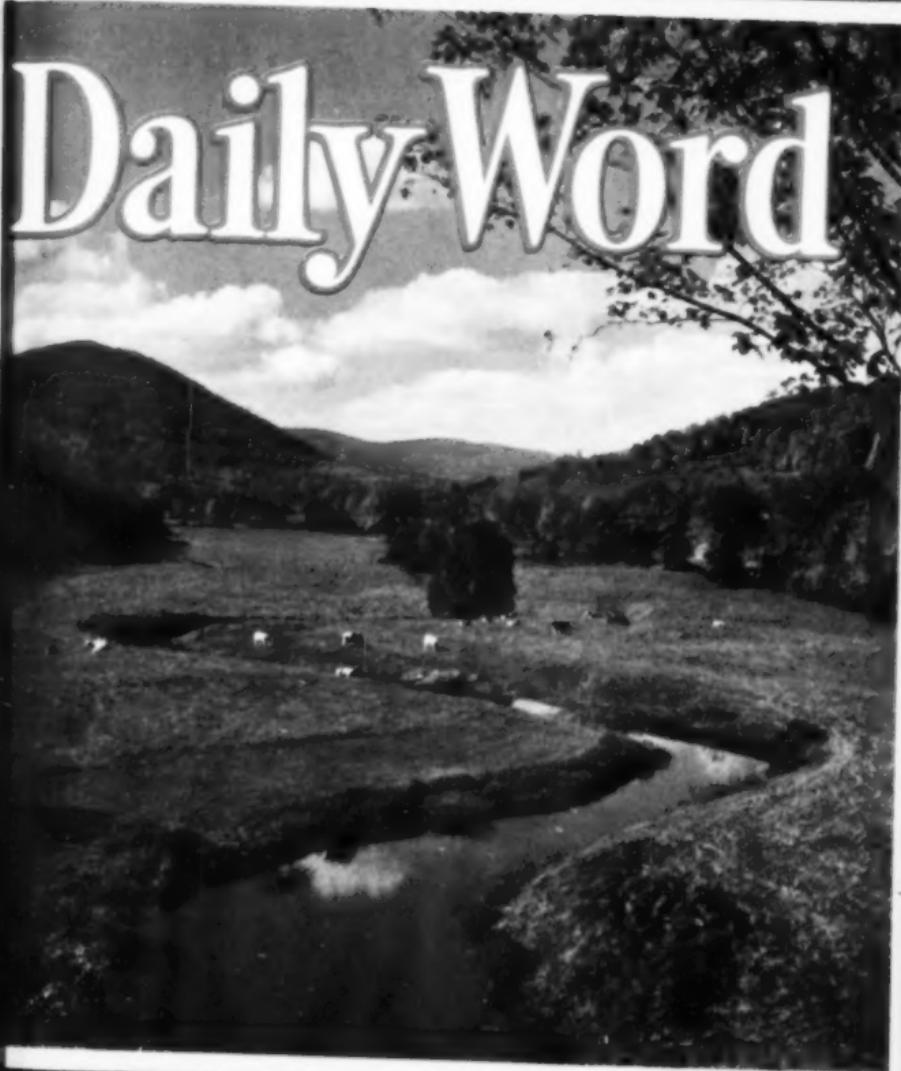


Daily Word



A UNITY PUBLICATION
AUGUST 1958

Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

ILLUMINATION (11 a.m.): Thy radiant light reveals Thy perfect will to me. I am obedient "unto the heavenly vision."

PROSPERITY (12 noon): Thine unfailing supply rushes to meet my every need, and I am in all ways prospered. All good things are added unto me.

HEALING (9 p.m.): By the grace of God, through Christ, I am forgiven and healed. Thanks to the Father I am made every whit whole.

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DAILY WORD

Edited under the inspiration of Silent Unity

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AUGUST, 1955

No. 2

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that we were listening to a vast symphony

MAY ROWLAND

ASPIRIT of harmony pervades the universe. In an article entitled "New Science and New Faith," Donald Hatch Andrews, professor of chemistry at Johns Hopkins University says, "We are making the startling discovery that, in a word, the basic reality of our universe is not matter but music."

Doctor Andrews says that if an atom of the body could be enlarged trillions of times so that we could stand inside it and look and listen we should see ripples and waves moving around with the electrons, much like the ripples and waves on a pond when a stone is dropped into it. And we should hear a humming, much like that of a hive of bees. If we could somehow increase our ability to hear, we should become aware of overwhelming music all around us, we should become aware

that we were listening to a vast symphony.

It is good to think about this vast symphony at the very center of our being. When we quiet our thoughts, our minds, and our bodies, we can feel the spirit of harmony. This spirit is omnipresent—within, without, and all about us—but we come in touch with it first within our own hearts. To keep in tune with it means not only peace of mind but it also means perpetual health for the body.

To keep himself in tune with the great divine harmony of life is the most important business of man. Above the strife and din of existence, there is always the eternal, heavenly symphony. At any time, under any circumstance, we can feel the peace of its divine melody. It is here just as the air is here. All that is required of us to enter into its sweet harmony is that we open our minds and our hearts and find the joy and peace that we so much desire.

Pythagoras, the great philosopher, stated that the whole universe was created as a musical production. Because we are part of this great "musical production," when our sense of harmony is lost we find our bodies unstrung and we call such conditions sickness or disease; we are momentarily out of tune. Discord in our lives and affairs easily passes when we are attuned to the divine.

It does not matter to us what the discords are

in the lives of others; their lives have nothing to do with the discord in our own experiences. We are to regulate our lives by the perfect standard of harmony. If we listen to the discords that another person is making while getting his life into tune, we can never hope to regulate our own lives harmoniously. Jesus gave the key in these words: "What *is that* to thee? follow thou me." This bidding, "Follow thou me," points the unmistakable way.

If one keeps in tune with the good and the true, he will help his neighbor swing into the perfect rhythm, and both he and his neighbor will become part of the universal symphony.

All of life's rewards, including health, happiness, and prosperity, come to us through keeping in tune with infinite harmony.

Our keeping in harmony with God makes us perfect instruments for the expression of His mighty word through us.

All the beauty that we behold and all the melody that we hear come to us because of our attunement with the spirit of harmony. Both beauty of character and loveliness of face emanate from an inner peace that results from attunement with infinite Spirit.

Words like these from Shakespeare help to create the feeling of quietness and to put us in

touch with the beauty of life:

"How sweet the moonlight sleeps upon this bank!
Here will we sit, and let the sounds of music
Creep in our ears: soft stillness and the night
Become the touches of sweet harmony. . . .

Look how the floor of heaven
Is thick inlaid with patines of bright gold:
There's not the smallest orb which thou behold'st
But in his motion like an angel sings,
Still quiring to the young-eyed cherubins;
Such harmony is in immortal souls."

Sometimes we feel that we could live more harmoniously, with less confusion and disorder in our lives, if we could change our environments. However, such a notion is baseless. We carry our states of mind with us, and under entirely different surroundings we should still have the same problems in mind, body, and affairs that are ours now. When things seem to go wrong in life we say, "Someone else gets all the good things, and I do not get my share." If we were playing in a symphony orchestra, we would discover our own dissonance and know that we had to tune our instrument better in order to create harmony.

Knowing the importance of keeping our lives in tune, let us be joyous, let us be happy and enthusiastic about the good things in life. Let us put into action the joyous life and energy within

us by talking and thinking about the good things. Let us give thanks to God for the blessings that we daily receive. Let us bless with our love and good will the persons with whom we are associated; let us find joy in loving service.

We can live in such harmony with the Infinite that we need not suffer pain, we need not know sickness. Is this state not worth attaining? Let us enter into the joyous, harmonious state of mind that will make us healthy, keep us healthy, and fill our lives with peace and happiness.

God's Melody of Life

GEORGIANA TREE WEST

I am God's melody of life;
He sings His song through me.
I am God's rhythm and harmony;
He sings His song through me.
A song of life, of radiant life,
Of life most full and free.
I am God's melody of life;
He sings His song through me.

There Is a Way

MARY L. KUPFERLE

IF YOU are confronted by a situation that seems impossible of solution, if you seem to be up against a stone wall, be assured that there is a way out of the difficulty.

No matter what anyone has said, no matter how you have felt in the past, no matter what the circumstances and how complex they appear, there is a solution, there is a way.

Summon into your mind and heart all the faith you can at this moment, and speak the words, "There is a way." Repeat the words in quietness and confidence. Repeat them silently and aloud, "There is a way, there is a way."

There is a way to inner peace and stability. There is a way to control your feelings and emotions. There is a way to rise above false desires or habits. There is a way to re-establish your prosperity. There is a way to realize your wholeness and vitality. There is a way to enjoy love and right companionship. There is a way to right attainment of every good desire of your heart. "I will . . . make a way."

"I will even make a way in the wilderness." This is the Father's promise to you now; and as

you listen in prayer, in quietness, and in faith, you shall not only hear this reassurance but also see the way to follow God's guidance. You will be provided with all the strength, courage, and wisdom you need to go forward to peace, victory, and accomplishment.

There is a way. As you turn to the Father in faith, knowing this truth, affirming it with deep sincerity and quiet confidence, it shall be made plain to you. Jesus said, "I am the way, and the truth, and the life."

Be still and listen. Be still and have faith and confidence in your indwelling Lord, who is your perfect guide. Be still and open your mind and heart to the One who longs to lead you and bless you. "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it; when ye turn to the right hand, and when ye turn to the left."

There is a way. There is a way for you. It is now clear, visible to you. It lies ahead of you, it leads upward.

"Fear thou not, for I am with thee; be not dismayed, for I am thy God; I will strengthen thee; yea, I will help thee." "I will . . . make a way."

The poem, "Teach Me to Love" which appeared in February 1955 DAILY WORD is the property of the Christian Science Publishing Society and copyrighted by them.



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Oklahoma:

One day a friend of mine who was having some trouble in her life and knew that I had just passed through both financial and domestic troubles, said: "I don't see how you can be so cheerful and have so much vitality when you have gone through so much. Will you please explain to me the philosophy that you practice, so that I, too, may come out of my despondency? I just don't seem to be

able to get hold of myself."

"Gladly," I said and turned into my bedroom. When I returned I had three or four numbers of DAILY WORD in my hands. I opened one of them and said: "This is the method by which I reach the source of my inspiration. It answers every difficult question. It seems that others have suffered just as I have, and they have found comfort in some passage here that just seems to fit their case.

"See, I have marked or underscored the quotations that seem to fit mine. DAILY WORD not only answers the questions but inspires, comforts, and blesses you. It analyzes you, and you are able to see yourself as others see you. It teaches you how to make others love you and care about you.

"Without DAILY WORD I would be wandering around, confused, disappointed, and alone, but thanks to them and the prayers of those who make them possible, I am able to rejoice that I am a child of the King and that He helps me and cares for me."

Since I found out how this friend felt, I no longer wait for people to ask—I do the asking. "Have you tried reading DAILY WORD for comfort, inspiration, and guidance? If not, you may borrow mine." They usually do and gratefully return them.

From New York:

It may interest you that I was handed DAILY WORD while at a state mental hospital, suffering from a nervous breakdown, and found that reading it helped me greatly, for which I am grateful. I never thought I could work in public again, but here I am.

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph WUX, Kansas City, Missouri, or telephone at BALtimore 4720, Kansas City, Missouri, or by letter at Silent Unity, Lee's Summit, Missouri.

THE CHRIST IN ME IS WONDERFULLY CAPABLE OF HANDLING EVERY SITUATION THAT CONFRONTS ME.

IF EVER you are perplexed about some situation that confronts you, do not let yourself become disturbed or afraid. Remember that within you is the divine wisdom of Christ that knows exactly how to handle the situation. If you turn your attention within and trust the Christ within you to show you the way, the guidance, help, and strength you need will be given you at just the right time.

The Christ in you knows how to heal your body, how to renew your mind, how to harmonize and to adjust all your affairs and personal relations. You do not have to be able to see how it is to be done. You simply need to realize that the Christ in you knows how. The Christ in you knows the answer; and as you open your mind to His light and divine wisdom, knowledge will be imparted to you in a way that you can understand.

The Christ in you is wonderfully capable.

*Lean not upon thine own understanding:
In all thy ways acknowledge him,
And he will direct thy paths.*

—PROV. 3:5, 6.

"GOD IS LOVE; THAT LOVE SURROUNDS ME,
IN THAT LOVE I SAFELY DWELL,
'TIS ABOVE, BENEATH, WITHIN ME,
LOVE IS MINE, AND ALL IS WELL."

WHEN the affairs of my life seem uncertain or confused, when there seem to be difficult situations to be met in my life or in the lives of my dear ones, I keep myself poised and at peace by reminding myself over and over, "God is love; that love surrounds me."

When I think about the love of God I see it as a boundless, endless circle. I think of myself and all other persons as within this circle. I give thanks that I do not have to search for the love of God, that I do not have to fight for my right to claim it. I rest in the marvelous assurance that wherever I am, whatever my need, I am safe within the circle of God's love.

Where God's love is there are peace, light, and joy. Where God's love is there are right and perfect answers to prayer. I have no fear or anxiety about any condition or situation, for God's love is where I am; it folds me round about.

• *Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.—JER. 31:3.*

YOU ARE FILLED THROUGH AND THROUGH
WITH THE HEALING, RESTORING LIFE OF GOD.

SILENT UNITY feels very close to those who call on us for help in prayer. And we say to everyone who asks our help in facing a serious healing need: "This is the Truth about your condition: God's life, strength, vitality, and power are within you. It does not matter what the appearances are, it does not matter what the diagnosis is, the Truth remains that you are first and foremost a spiritual being. You are, at all times, in every need, through every condition, one with the source of life, for the source of life is within you."

If someone is in your mind and heart today who is greatly in need of help and healing, quiet your thoughts and your fears concerning him. Speak the Truth to him in your thoughts and prayers. There is that in him which longs to be reminded of the Truth of his being. Your strong faith in the Spirit of God in the one for whom you pray helps him to remember the source of his being, and calls him back to life and health.

• *The prayer of faith shall save him that is sick.—JAMES 5:15.*

TOMORROW IS IN GOD'S HANDS. I HAVE NO FEAR.

TOMORROW is in God's hands. This realization fills me with a sense of freedom and security.

I trust the loving Father for tomorrow's supply. He has been with me unto this day, and I know that there is no need that cannot be met by His all-providing love.

I rely on God's wisdom and strength in all things. I claim His promise, "My grace is sufficient."

Whatever challenge or opportunity may come to me tomorrow will find me ready. Today's experiences, met with courage and fortitude, prepare me for tomorrow's demands.

I am never dismayed or discouraged. I go to the Father in silent communion, and my way is made plain before me.

"God walks beside me, guides my way."

• *The Lord is at hand. In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.*

—PHIL. 4:5, 6, 7.

THE LOVING PRESENCE OF GOD PROTECTS ME.

NO MATTER where I go or what I do, the loving, protecting presence of God is with me.

God is my help and inspiration. I place myself and my dear ones in God's all-abiding presence and keeping. I pray in faith believing and I receive the assurance that my life and the lives of all those for whom I pray are safe and secure.

I do not allow myself for one moment to be fearful or to doubt the protecting, loving presence of God. I center my faith in Him and put my entire life in His care. I know that He is a citadel of strength and power against which nothing in the outer can prevail. I realize that God's promises of protection are sure and unfailing, for He always answers the prayer of the faithful heart.

I know that God's protecting love surrounds and infolds me and those for whom I pray. In the shadow of His presence I abide, in "the secret place of the Most High" I dwell. My heart is at peace.

*He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.*

—PSALMS 91:1.

THE MINISTERING, PEACE-GIVING LOVE OF GOD COMFORTS, SUSTAINS, AND STRENGTH-ENS ME.

IF I need comfort, strength, or courage, I turn to God in prayer. I rest in the realization of His love, I find strength in the realization of His power, I find courage in the realization of His abiding presence.

The ministering, peace-giving love of God lifts my heart and fills me with understanding. My faith in God increases. I see beyond appearances to the unfailing good in every experience. I refuse to cling to grief or remorse or to allow any depressed or negative feeling to destroy my peace of mind.

I rise up in courage. I affirm that I have the qualities of faith, wisdom, joy, and courage I need to meet any need. I go forward in life with quiet confidence.

I am not alone. God's ministering, peace-giving love is with me to comfort, to sustain, and to strengthen me.

¶ *Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful.—JOHN 14:27.*

I DRAW LOVE AND HAPPINESS TO MYSELF BY BEING LOVING AND APPRECIATIVE OF ALL PERSONS.

WE need never remain lonely, for we are loving children of a loving Father. Our very nature is one of love. Our Father is love. He is responsible for us, for our expression, for our satisfaction, for our unity with all His other children.

What can we do about loneliness? We can pray. We can become so very still and close to God in prayer that we feel His love in our own hearts. Instead of thinking of ourselves as lonely or limited, we can know that we are the loving Spirit of God in expression. We can be kind and patient and interested in others. We can cultivate consideration and appreciation of everyone we meet or associate with.

Everyone wants to be loved and appreciated, and we can begin to draw love and happiness to ourselves by giving expression to what we desire to receive.

*Many waters cannot quench love,
Neither can the flood drown it.*
—SONG OF SOLOMON 8:7.

I GIVE THANKS THAT I AM ALWAYS IN MY
RIGHT PLACE.

HOW comforting it is to know that I am always in the right place for me at any given moment! Secure in this realization, I need not be fearful of missing an opportunity.

"Don't shove," writes Emmet Fox. "You are always in your right place at the moment. If you don't like it, change it scientifically by rising in consciousness. This will be permanent."

If I do not like my present situation, it is up to me to do something about it. There is no use in bewailing so-called cruel fate or ill luck; there is no use saying that someone else got the promotion meant for me. No, if I want to change the place I am in, there is just one permanent and sure way to do it. This is through rising in consciousness.

So, acknowledging that I am in the right place for me according to my present development, I rise in consciousness through seeking an ever closer communion with God. I ask and receive His guidance. I call into expression my God-given powers and abilities. I grow in faith.

• *The place whereon thou standest is holy.—JOSH. 5:15.*

"FILL ME NOW, TO OVERFLOWING,
WITH THY HOLY SPIRIT, LORD."

EAR LORD, Thou pure and holy Spirit within me, I know that Thou knowest my needs before I say a word or breathe a prayer. I know that Thy love infolds me close about and that Thy presence is my eternal shelter and shade.

Here is my mind, Lord. Clothe my thoughts with Thy light. Imbue my consciousness with Thy divine wisdom. Guide Thou me into paths of righteousness and peace.

Here is my heart, Lord. Fill me to overflowing with Thy love. Sing Thy song of joy and harmony through me till every part of me responds and rejoices with Thee.

Here is my spirit, Lord. Overshadow it with Thine own Holy Spirit, till I am lost in Thee, till I am perfectly at one in Thee, Thy very own.

Dear Lord, out of Thy heart I came, safe in Thy light I walk, strong in Thy power I stand.

"Fill me now, to overflowing,
With Thy Holy Spirit, Lord."

¶ *He breathed on them, and saith unto them, Receive ye the Holy Spirit.—JOHN 20:22.*

Wednesday

GOD'S HEALING LIFE NOW FLOWS THROUGH ME, AND I AM HEALED THROUGH AND THROUGH.

As you read these words, think about the life of God. Where is the life of God? It is in you; it flows freely and fully through you.

Your body is not "this too too solid flesh," but it is composed of radiant life and energy. Think about the life principle at the heart of even the infinitesimal atom. Think of the life in your body as flowing from the very source of life—God. God is the essence of life—and God is at the heart of your being. All of your life comes from God; your life cannot be depleted or destroyed.

Now, after giving your thought to what your body really is, close your eyes, relax, and absorb the meaning of the words, "God's healing life now flows through me, and I am healed through and through." These words will become something that you no longer merely think about; they will become a reality. You will feel this life; you will enter the healing current; you will be well and whole.

• *Thy faith hath made thee whole.*—MATT. 9:22.

WITH GOD'S HELP I FIND THE GOOD IN EVERY SITUATION.

EVERY EXPERIENCE presents an opportunity for me to grow spiritually.

If someone has criticized me, I refuse to let the hurt stay in my heart. I lay aside the sting of the words and try to consider them impersonally, in the light of Truth. Is there any foundation for what was said? Have I fallen short in a way that I can remedy? If there is merit in the criticism, I will try to apply it to improve myself or my actions in the future.

Perhaps the situation contains a lesson that I need to learn. Perhaps it offers me an opportunity to help another person; or perhaps it will give me the chance to exercise and to expand one of my God-given talents. Whatever it is, with God's help I can find the good in every situation.

I turn my thoughts away from the appearance of inharmony, misunderstanding, or injustice and center them on God. I give thanks that I am His child, filled with His light and love. I give thanks that I am growing spiritually.

¶ And as for you, ye meant evil against me; but God meant it for good.—GEN. 50:20.

GOD'S WILL FOR ME IS GOOD. HE GUIDES ME INTO MY HIGHEST GOOD AT ALL TIMES AND UNDER ALL CIRCUMSTANCES.

WHATEVER I have to meet in my life, and especially should I need guidance, I will turn to God in prayer. I will say in faith: "Father, I am willing that Your will be done in my life. I trust You to guide me and to lead me into my highest good."

My answer may not come instantly or in just the way I think it should; but if I persist in my prayers and doubt not, I will find myself guided to do just the right thing. Events and circumstances will shape themselves in such a way that good will come forth. I will know beyond the shadow of a doubt that God's will of good is being done in my life and affairs.

So I keep uppermost in my mind the assurance that God's will is only good. I know that when I pray for God's will to be done in my life I am invoking the very highest prayer of my heart, I am opening the way for my very highest good to come to me.

• *If any man willetteth to do his will, he shall know of the teaching.*—JOHN 7:17.

God's Bounty

ELIZABETH LANDEWEER

God gestures with a lavish hand
To give His children bread;
The hostel of the bee is planned,
The young of all are fed.
The ants like small brown gypsies feast
On amber jelly of the trees,
The field mouse gnaws a rich bean curd
As ripe as golden cheese.

The red-winged blackbird in the brake,
Atilt upon the cattail stems,
Cracks seeds as crisp as sugar cake
And spears strawberries bright as gems.
The wasp upon a dripping peach
Needs but to lift a languid wing,
The cricket in an apple core
Lives like a Lilliputian king;

While I, God's human child, am fed
In ways past finding out;
He feasts my soul on royal bread,
He cloaks me round about.
The poplars praise His name with me,
While swallows flash and coast,
And all in earth and sky agree
God is a wondrous host!



I MEET THE EXPERIENCES OF LIFE WITH FAITH AND FEARLESSNESS.

ILIVE and move and have my being in the great heart of God, where harmony and order prevail. I keep my heart attuned to this sustaining harmony and order and meet the experiences of life with faith and fearlessness.

I keep my attention upon the joyous aspects of life and give the substance of my thought and effort to the nourishment of these aspects. I keep my attention upon God's dynamic life ever renewing my body. I keep my attention upon His judgment guiding my decisions. I keep my attention upon His love eternally infolding me. I keep my attention upon the wondrous creative processes all about me, which assure me of His presence and power.

I yield my heart to God, and His Spirit reveals new meanings and purposes to me. I am quickened with a new understanding of what my part is in putting into expression the ideas that come to me. I am filled with the spirit of faith and fearlessness.

• *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*—II TIM. 1:7 (A.V.).

MY CONSCIOUSNESS IS FILLED WITH THE LIGHT OF GOD.

WHERE THE light of Truth shines, there can be no sense of darkness. The light shines to the very depths of consciousness, illuminating it with such brilliancy that all things are made clear.

Jesus Christ brings to mankind the true light. He eliminates from the consciousness of man beliefs in evil, sickness, and death. His light burns so brilliantly that men catch the inspiration and forget their adversities.

Your consciousness is filled with spiritual light when you no longer give place to belief in darkness. When you know the spiritual Truth you can give no power to belief in evil, and only spiritual light can exist in your consciousness.

Think of Truth as a light. Think of it as shining at all times to guide and to direct you. You have power to increase its brightness and to make it radiate to the ends of your world, for your consciousness is filled with the light of God.

*For thou art my lamp, O Jehovah;
And Jehovah will lighten my darkness.*

—II SAM. 22:29.

Monday

AUGUST 15

GOD'S LAW OF JUSTICE IS ACTIVE IN MY LIFE.
I AM SECURE IN THE KNOWLEDGE THAT HIS
GOOD IS AT WORK IN ALL MY AFFAIRS.

I HAVE FAITH that God's law of justice is at work in my life. I know that as I let His law express itself in and through my life and affairs no unjust situation can remain. I refuse to harbor any thought that another person is being unjust or unfair to me. I know that as I willingly and lovingly co-operate with others and am just in all my dealings I will attract only that which is for my highest good.

Should it appear that I have been unjustly treated by another or that another person is in some way keeping my good from me, I will acknowledge God's law of justice at work in my life and affairs. I will reverse the trend of my thinking and affirm my faith in God's unfailing goodness. I will endeavor at all times to lift my thoughts from any belief in injustice. As I am faithful in affirming and expressing divine justice, His good will be made manifest in every phase of my life and affairs.

• *For Jehovah is a God of justice; blessed are all they that wait for him.—ISA. 30:18.*

AUGUST 16

*Tuesday*IN QUIETNESS AND IN CONFIDENCE SHALL
BE MY STRENGTH.

I REMIND myself not to pray tensely, anxiously, or heavily about any situation. Rather, I pray about all things with a light and easy touch.

Prayers that are made in a relaxed way are the most effective. The more quietly Truth is realized, the more dynamically and instantaneously does Truth manifest itself.

There is a tendency to keep the mind accelerating in step with the tempo of modern living. But when it comes to spiritual matters one of the first requirements is that we slow down the pace of our thinking to a calm and steady flow of thought.

Too often when one is anxious there is a temptation to clutch mentally at the words of our prayers and affirmations and to concentrate hard upon them with clenched teeth and furrowed brow. Such tension interferes with results. If, however, whenever we meditate and pray, we contemplate the words of our prayers with quietness and confidence, remembering that God does the work, all things will be adjusted beautifully.

• *In returning and rest shall ye be saved.—Isa. 30:15.*

Wednesday

AUGUST 17

THE VITALIZING SPIRIT OF GOD IS A WELL-SPRING OF HEALTH AND STRENGTH WITHIN ME.

WITHIN ME is God's radiant Spirit of health and strength. I lay hold of this health and strength through the thoughts of my mind. I affirm my faith in divine life and energy, and my mind and body respond to my faith.

I do not let my attention rest on appearances of weakness or disease. I do not think or talk about these conditions. I keep my vision centered and poised in the realization that the healing Christ shines within me and flows through every cell of my body.

I affirm with joy that God's healing life flows cleansingly through my bloodstream. I affirm with joy that God's healing light is shining within me, lifting me up, renewing and restoring every part of me.

Every cell of my body is alive and aglow with the restoring and resurrecting Spirit of God.

• Bless the LORD, O my soul: and all that is within me, bless his holy name. . . . who healeth all thy diseases.—PSALMS 103:1, 3 (A.V.).

17 AUGUST 18

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I AM UNDERSTANDING OF OTHERS, FOR I BE-HOLD THE CHRIST IN THEM.

IN OUR daily association with others, things sometime occur that cause irritation or anger. A lack of love may cause disagreements, and a lack of understanding may cause differences of opinion. But if in every human relation we remember that the Christ is in all—in us and in the other person—waiting to be called forth, we will bring peace and harmony into every situation.

It is often difficult to see all sides of a question. But when we open our hearts to understanding we see that the person who does not share our viewpoint may be just the one who can give us clearer insight into the problem. And because we have an understanding heart, we know that as a child of God he, too, is entitled to freedom to express himself according to his inner leading.

When we listen to another's ideas with open minds and try to understand his viewpoint, there cannot help but be a meeting of minds, with each gaining greater wisdom. Let us practice seeing the Christ in others. Let us be understanding of others.

• *Give thy servant therefore an understanding heart.*
—I KINGS 3:9.

Friday

AUGUST 19

MY FAITH IS CENTERED IN GOD. MY LIFE IS FILLED WITH HIS GOOD.

MY FAITH is centered in God. Therefore, I am not discouraged if things do not seem to be going according to my plans. I affirm the presence and power of God, the good omnipotent, in my life and affairs. I give thanks from day to day, from hour to hour that I am being guided by infinite wisdom, that I am being blessed by divine love.

My faith is centered in all that God stands for. My faith is centered in love; my faith is centered in life; my faith is centered in supply; my faith is centered in joy; my faith is centered in light; my faith is centered in power.

Whenever thoughts of lack, ill-health, or in-harmony come into my mind, I bless them; I lift them up by affirming the one presence and the one power—God.

My faith is centered in God, my mind is centered in God. With my whole being I feel the nearness of His presence; with my whole being I praise the constancy of His good.

• *Therefore will we not fear, though the earth do change.—PSALMS 46:2.*

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AUGUST 20

Saturday

I AM NOT BOUND OR LIMITED. I KNOW THE TRUTH AND I AM FREE.

IF I feel that due to the circumstances of my life or as a result of some lack in my background, the happiness, success, and security I desire are not available to me, I need a new awareness of my true identity.

"Ye shall know the truth, and the truth shall make you free." The truth about me is that I am a spiritual being. God has put His loving, all-powerful, all-conquering Spirit in me. Neither circumstances nor background can keep the full measure of my good from me.

God has put His Spirit in me. Through God in me I have the ability to transcend myself, my environment, and every circumstance of my life. As I understand and accept this truth, I no longer feel bound or limited in any way. I forget the things that are behind, and with new confidence in God and in myself I press on toward the goal of the more abundant life.

I am not bound or limited. I know the Truth and I am free.

* *Ye shall know the truth, and the truth shall make you free.—JOHN 8:32.*

I PRAISE THE SPIRIT OF CHRIST IN EVERYONE.

WHENEVER we are tempted to pass judgment upon another, if we will pause for a moment and remember that Christ is the animating Spirit within that one, we will never think or say an unkind thing.

It is not so much what others seem to be that matters but what they are in the process of becoming.

Each person is in the process of unfolding the Christ perfection within him. Each person is unfolding in the particular manner that befits his consciousness. Each person draws to himself the experiences that best further his growth and development.

Even as we are trying to express the powers and potentialities that are within us in the best way we know how, so are other persons trying to do their best, in their own way and at their own level of understanding.

We are all in this great spiritual journey together. We are all headed in the same direction. We all need one another's help. Let us love one another.

• *Bear ye one another's burdens.—GAL. 6:2.*

I GIVE THANKS FOR DIVINE ORDER IN MY LIFE AND AFFAIRS.

ORDER is a result. It is brought about through the expression of wisdom, good judgment, understanding, and through the right use of time and abilities.

The Christ in me, the Spirit of God in me, contains in essence all that I need to make my life orderly and successful, all that I need to accomplish the things that are before me to do.

In prayer I acknowledge the indwelling Christ; I affirm the presence in me of life, love, intelligence, and power. Then I affirm my ability to execute good judgment in handling the affairs of my life. I affirm my ability to discern what is of first importance in my life. I affirm my ability to concentrate on the thing at hand, to meet the needs of every day in an orderly, accomplishing manner.

What I establish in my mind through the power of affirmation I am able to carry out in life. I find that prayer not only prepares me for the work I must do to bring about conditions of order and harmony in my life and affairs, but prayer sustains and blesses me in my efforts.

• *Let all things be done . . . in order.—I COR. 14:40.*

ILLUMINE THOU ME. GUIDE THOU ME.

TO DAY I pray not only for guidance but for the courage and willingness to act on the guidance that comes to me. As I open my mind and heart to divine inspiration, as I say to my indwelling Lord: "Illumine Thou me. Guide Thou me," ideas will come, light will shine in my mind, leadings will come to me. Of this I can be certain. I now resolve that I will do my part in putting into action in my life and affairs the light God sheds in my mind.

God is light, God is wisdom, God is intelligence. He is my continual and unfailing guide and inspiration. But God needs me to put His ideas into action, He needs me as a channel through which to express His principles.

I now willingly and lovingly let go of any fear or doubt; I now let go of any feeling of inferiority; I now let go of worry over what others may say or think about me. I ask in faith, believing, for light and guidance, and I act with courage and with an unhesitating heart on the light and guidance that come.

• *Only be strong and very courageous to observe to do according to all the law.—JOSH. 1:7.*

I RELAX AND REST CONFIDENTLY AND SECURELY IN GOD'S HEALING LOVE.

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ACH day I pause in my activities and withdraw to a quiet place where I can relax and rest for a time in the realization of God's loving presence and power.

I relax my body. From the top of my head to the soles of my feet I relax every tension. I silently repeat, "Relax and let go," and bless each part of my body, until tension is released and quietness and calm flood every part.

I let go any tense or anxious hold on my world. I say: "Here is my life, indwelling Christ. I surrender it to Thy healing love."

I say: "Here are my work, my finances, my plans, my dear ones, O indwelling Christ. I surrender each of these to Thy care."

I surrender my thoughts and feelings to God's loving Spirit, I let go my tense hold on the things in my life, I relax and rest in the stillness of His presence. With Jesus I declare, "Father, into thy hands I commend my spirit." I rest in the realization that God is with me and all is well.

• *Come ye yourselves apart . . . and rest a while.*
—MARK 6:31.

I AM TRANSFORMED, RENEWED, AND REFRESHED TODAY IN THE SPIRIT OF MY MIND, AND I AM A NEW PERSON IN CHRIST JESUS.

NO MATTER what has occurred in the past, we can make a new beginning. We can alter our lives despite every negative appearance. With fervency of prayer, with energy and enthusiasm we can transform ourselves into new persons in Christ Jesus.

Jesus recognized that God's wonderful, all-accomplishing Spirit dwelt within Him, and He teaches us that the same Spirit is within us, that what He accomplished we can do likewise. With this promise we can go forward enriched, transformed, and renewed.

Through prayer we can make of our lives what we will. Prayer will help us put God first in our lives. Prayer will help us keep our minds steadfastly on Him instead of negative appearances. With the transformation of our minds through prayer will come health and energy, harmony and happiness, prosperity and success.

• *Be ye transformed by the renewing of your minds, that ye may prove what is the good and acceptable and perfect will of God.—ROM. 12:2.*

NOW IS THE TIME FOR JOY.

Now is the time for joy. Not tomorrow. Not yesterday. You can dissolve old thoughts, old memories that hold you back by saying to them: "You are past and gone. I do not need you any more." You can accept or reject whatever thoughts you choose.

And tomorrow? Remember that what you want is eternity. And eternity is now. Not tomorrow. Not even at the end of a long string of tomorrows. Eternity expands from within. Eternity, the eternity glimpsed by all great philosophers and teachers, is not a matter of time or space. It is here, right now, within us.

When you find that now is the time for joy, that eternity unfolds from within, you are able to be happy right where you are, regardless of circumstances. You realize that life flows from within. As you seek the presence of God within you, as you take the inward way, you find that nothing in your life is ever the same again. You rejoice that now you live, that now you love, that now you are in the presence of God.

* Now is the time for joy! Now are we children of God.—I JOHN 3:2.

Saturday

AUGUST 27

"THY MAKER IS THY CHANGELESS FRIEND,
HIS LOVE SURROUNDS THEE STILL."

GOD is your friend. He loves you with a deep and abiding love, and the love that flows from His heart to you will never cease.

It makes no difference what mistakes you have made, or how far in thought you have wandered from Him, He loves you still. His helping hands are ever outstretched to lift you to your feet again.

Nothing you have ever done or could do can cause God's loving countenance to turn from you. His faith in your potential goodness is unlimited and unfailing.

His sole concern is to help you, to lift you, to bless your life with more and more of His goodness. It is His eternal joy to guide you safely through every challenge.

So do not feel that you are an orphan in this universe, adrift and forgotten. You have an eternal dwelling place in the healing and forgiving heart of God.

"Thy Maker is thy changeless friend,
His love surrounds thee still."

• *I am not alone, because the Father is with me.—JOHN 16:32.*

I AFFIRM THAT THE HEALING PEACE OF JESUS CHRIST NOW FILLS THE MINDS AND HEARTS OF ALL MANKIND.

I SEND forth thoughts of love and peace to all mankind.

I affirm that all hate and greed are now dissolved in the forgiving love of Jesus Christ.

I affirm that the leaders of every nation on this earth now are quickened with the Christ compassion that ever seeks to alleviate suffering.

I affirm that each nation of this earth now practices the Golden Rule in its dealings with its neighbors.

I affirm that all men now forget the differences that exist between them, that they rejoice in the Spirit of God, which animates them all.

I affirm that all swords are beaten into plowshares and spears into pruning hooks, I affirm that atomic power is utilized under Christ for the welfare and healing of the nations.

Above all, Father, I affirm that Thy Spirit fills the hearts and minds of all mankind and that Thy peace reigns supreme in all the earth.

♦ *On earth peace, good will toward men.—LUKE 2:14 (A.V.).*

I KEEP MY THOUGHTS ABOUT OTHERS IMPERSONAL, JUST, AND LOVING.

I WILL not allow myself to become so intensely personal in my thought that I unconsciously judge and condemn others.

I know that I am in personal thought when I am distressed by apparent slights, when my feelings are easily hurt, when it seems to me that others are not thinking or acting as they should. When such symptoms of personal thought appear, I act quickly. I bring my thoughts in line by affirming the vast, impersonal love of Christ. I let go of the petty or personal, I take hold of the true and lasting virtues of Christ.

It is as I rise out of personal thought, as I lift my thoughts to the truth about myself and about all other persons that I feel free and happy within myself. It is then that I am able to bless other persons, that I am able to view their lives and affairs with understanding and without criticism. It is then that I am able to be fair and impartial in my estimates of others. For it is then that I am expressing the Christ love and understanding.

• *The Son of God is come, and hath given us an understanding.*—I JOHN 5:20.

I DO NOT RESIST CHANGE. I WELCOME EVERY OPPORTUNITY THAT ENABLES ME TO WALK IN NEW PATHS.

THERE IS a tendency in many of us to be resistant to change. Often we let opportunities to learn, to grow, and to serve pass us by because we cling to the familiar, to what represents security to us.

We need to remind ourselves that God has given us a courageous, confident spirit, a spirit of faith and power. There is nothing to fear. In every venture God walks with us. He lovingly prompts us to have faith in Him, in His unerring guidance, in His transcendent wisdom. God bids us to have faith in ourselves and in our ability to bring to fruition the divine potentialities He has implanted within us.

Let us affirm that there is no resistance to change in us, let us welcome every opportunity to walk in new and untried paths. Let us rejoice that God gives us opportunities to use our talents in fulfilling and productive ways.

*Whither shall I go from thy Spirit?
Or whither shall I flee from thy presence?*
—PSALMS 139:7.

Wednesday

AUGUST 31

FEAR NOT, FOR WITHIN YOUR BEING ABIDES YOUR SAVIOUR, WHICH IS CHRIST THE LORD.

REJOICE and be glad, for Christ lives; Christ lives in you!

The same Spirit that animated Jesus animates your being, and His glorious presence within you is your personal Saviour.

The Christ in you is lovingly aware of all your needs, and His one purpose is to set you free from every sense of limitation.

Christ in you is the inexhaustible source of your life.

Christ in you is the inexhaustible source of the substance of your being.

Christ in you is the presence of every good and perfect thing your soul desires.

The moment you turn your vision within toward Him and let Him have His beautiful way with you, that moment His love will flow through you, filling your mind, your body, and your affairs with His radiant perfection. You will know that Christ lives; He lives in you.

¶ Be not afraid; for behold, I bring you good tidings of great joy . . . for there is born to you this day . . . a Saviour, who is Christ the Lord.—LUKE 2:10, 11.

"Viva LA PALABRA DIARIA!"

This is what Spanish-speaking persons are saying about the Spanish edition of DAILY WORD. Since Unity School began publishing *La Palabra Diaria* in March of this year, thousands of Spanish-speaking persons have subscribed for the magazine and more orders are coming in every day.

La Palabra Diaria is printed at Unity headquarters. It has the same cover as its English counterpart; and the daily lessons, articles, and poems are translated from the English text, so that those who read DAILY WORD in Spanish receive messages identical with those in the English edition. A year's subscription for *La Palabra Diaria* is priced at \$1 (United States funds) as is the English edition. If you know someone who speaks Spanish, why not send him a subscription for *La Palabra Diaria* today? It may be ordered from Unity headquarters.

UNITY CENTERS

If you are interested in attending a Unity center, consult your phone directory, or write to Unity's Field Department for the location of the Unity center nearest you.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

UNITY VEGETARIAN COOKBOOK

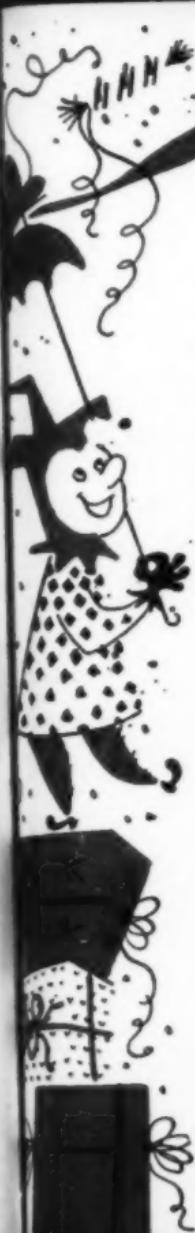
While visiting Unity Village thousands of persons have eaten at Unity Inn, one of the largest vegetarian cafeterias in the world. And many of these persons have asked for recipes for the delicious dishes served at the Inn. Now, in answer to these requests, Unity has published the *Unity Vegetarian Cookbook*.

This cookbook includes recipes for such well-known Unity Inn specialties as Vegetable Loaf, Vegetarian Chili, Green Rice, Vegetable Pie, Eggplant Royal, Chocolate-Sundae Pie, Date Nut Bread, and many more. It also contains vegetarian recipes from numerous other sources. There are nearly three hundred recipes in all.

In addition to recipes, the *Unity Vegetarian Cookbook* includes an article on vegetarianism, advice on menu planning and suggested menus, an interesting catalogue of herbs and their uses, and table blessings for all ages. Each section of the cookbook is preceded by a photograph of a Unity Village scene.

The *Unity Vegetarian Cookbook* is bound in the newest style of wire binding, so that it opens flat or stands by itself, and its blue-and-silver covers are plastic coated for washability. You will want several copies of this cookbook besides your own, for it makes a charming and unusual gift and it is priced at only \$1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI



"THE CHILDHOOD
SHOWS THE MAN,
AS MORNING SHOWS THE DAY"

HOW WELL MYRTLE FILLMORE KNEW THIS TO BE A FACT! HOW KEENLY SHE WISHED TO HELP CHILDREN GROW UP IN TRUTH! HER WISH BECAME A FACT 62 YEARS AGO THIS AUGUST (HER OWN BIRTHDAY MONTH) WHEN SHE FOUNDED "THEIR VERY OWN UNITY MAGAZINE"—

WEE WISDOM—for boys
and girls 4 to 12

TO CONTINUE THE LOVING WORK MRS. FILLMORE BEGAN WE INVITE YOU TO A DOUBLE BIRTHDAY CELEBRATION ... JOIN WITH US IN PRAYERS FOR CHILDREN AND IN MAKING SURE THAT AT LEAST ONE MORE CHILD HAS WEE WISDOM AND WITH IT THE TRUTH PRINCIPLES THAT WILL MAKE HIS LIFE A RICHER ONE.

Each 1-year subscription \$2.

GIVE CHILDREN YOU LOVE AND KNOW WEE WISDOM... AND THE JOY OF ITS CHARMING PICTURES, SONGS, PRAYERS, POEMS, CLUBS AND REAL-LIFE STORIES.

SEND YOUR ORDER TODAY.

"We Seem to Have Much More Than We Ever Had Before"

A Prosperity Bank user writes: "My husband is in the medium salary group but since using the Prosperity Bank we seem to have much more than we ever had before; and no matter how hard things seem to get for us, something always turns up to help us out of our difficulty."

Many persons experience a feeling of new security when using the Prosperity Bank plan, because it helps them to keep their thoughts centered on the true Source of their supply—God. If you, too, would like to try the Bank plan, just fill out and mail the coupon below today.

Unity School of Christianity, Lee's Summit, Mo.

Here is my order for three DAILY WORD gift subscriptions and a Bank in which to save the \$3 cost of these subscriptions.

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Will You Join Us IN OBSERVING LESSONS IN TRUTH WEEK? SEPTEMBER 12 TO 18

This is a week Unity students all over the world set aside each year to study and review *Lessons in Truth*, Unity's fundamental textbook, by H. Emilie Cady. For more than sixty years this book has been helping millions to build a practical faith.

One person writes, "It is almost unbelievable to me how much I have benefited from my study of the book *Lessons in Truth*. . . . My whole thought trend has changed and I am a happy person instead of a worrier." *Lessons in Truth* can help you in many ways. It will strengthen your faith, show you how to pray more effectively, and help you fulfill all the good desires of your heart.

When you join in Lessons in Truth Week you are participating in a world-wide prayer group that is seeking spiritual unfoldment, and you cannot fail to benefit. Send for your copy of *Lessons in Truth* today. The book is priced at only \$1, and with it you will receive without charge an accompanying booklet entitled *The Lessons in Truth Study Guide*. (If you already have the book, Unity will be happy to send you the booklet free on request.)

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

There Is a Valley

JAMES DILLET FREEMAN

There is a valley. You can find
No sign of it on any chart,
For it is only in the mind—
You have to know the way by heart.

But you can find it if you will,
By upland paths of faith and prayer,
Climb to the top of your heart's hill—
You come out on the valley there.

A valley fair as any dream
You have of joyous happenings,
And filled with peace, that like a stream
Flows down from everlasting springs.

Then you will know what way you went
Whenever you would come back to
The valley of the heart's content,
For you will know it is in you.



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